Reference's:-

1. Aboushady & Saidy (2016). Journal of nursing and health science 5 (2). Effect of Home based stretching exercises and menstrual care on primary dysmenorrhea and premenstrual symptoms among adolescent girls.
2. Agarwal. A, Agarwal A. (2010) Indian J community Med 35(1). A study of dysmenorrhea during menstruation in adolescent girls.
3. Asayesh, R et.al. (2015). International Journal of Biology, Pharmacy and Allied Sciences, 4(10). The effect of aerobic exercise on primary dysmenorrhea students 15-17 years.
4. Choudhary A, Mishra J (2013). Int J Pharm Bio Sci Vol. 4 (1). Effect of 16 weeks yogic intervention in premenstrual syndrome.
5. Daley A. (2009), BJGP. The role of exercise in the treatment of menstrual disorders : the evidence.
6. Daley, A.J. (2008) Sports Med 38. Exercise and primary dysmenorrhea.
7. Dauneria S., Keswani, J (2014). Int. Journal of yoga and allied sciences. Vol. 3 (1). A study on the effect of yoga and naturopathy on dysmenorrhea.
8. Ekta et. al. (2014). Journal of Pharmaceutical and scientific innovation. Role of yoga in primary dysmenorrhea.
9. Eswar, C (2016). International journal of Indian Psychology Vol 3 (2). A Survey exploring PMS Awareness trends in Indian Women and a Review of Ways to Harmonize Psycho-physiological stress of premenstrual syndrome practicing yoga asanas.
10. Flynn N (2006). Br J Gen Pract 56 (533). Menstrual symptoms : the importance of social factors in women's experiences.
11. French, L. (2005) American Family Physician Vol. 71 (2) Dysmenorrhea
12. Gamit et.al., (2014) International Journal of Medical Science and Public Health. Vol 3 (5). The effect of stretching exercise on primary dysmenorrhea in adult girls.
13. Garg S, Anand T. (2015). J Family Med Prim Care 4 (2). Menstruation related Myths in India: strategies for combatting it.
14. Habib et al (2014). Journal of nursing and health science 3 (2). Impact of an Educational session about premenstrual syndrome management using complementary and alternative medicine on young adult females' knowledge and practice.
15. Harada. T (2013) Yonago Acta Medica. 56: 81-84. Dysmenorrhea and Endometriosis in young women.
16. Hightower, M (1997) Women Health, 26(4) Effects of Exercise participation on menstrual pain and symptoms.

17 Indusekhar R (2007). Best Pract Res Clin Obst Gynaecol 21(2). Psychological aspects of premenstrual syndrome.

18 Jerdy et.al. (2012) Biomedical Human Kinetics, 4, 127-132. Effects of stretching exercises on primary dysmenorrhea in adolescent girls.

19 Kanojia et. al. (2013) Journal of Clinical and Diagnostic Research. Vol. 7 (10) Effect of yoga on Autonomic Functions and Psychological status during both phases of menstrual cycle in young healthy females.

20 Karampour E et.al., (2016). Advances in environmental biology. The influence of stretch training on Primary dysmenorrhea.

21 Kaur, S. etal., (2014). Journal of dental and medical sciences. Vol. 13 (6). To compare the effect of stretching and core strengthening exercises on Primary Dysmenorrhea in Young females.

22 Kelder S. (1999). Journal of Adolescent Health 25(13). Prevalence of dysmenorrhea and its impact among senior high school girls.

23 Kulkarni G.S., Bedekar, N. (2014). VIMS Health Sci Journal, 2014, 1(3) Aerobic exercise, mood states and menstrual cycle symptoms.

24 Mahvash N et al. (2012). World Applied Sciences Journal 17(10). The effect of physical activity on primary dysmenorrhea of female university students.

25 Nag, U., Kodali, M (2013) Int J Med Pharm Sci, Vol. 3 (07). Meditation and yoga as alternative therapy for primary dysmenorrhea.

26 Omidvar & Begum (2011). J Nat Sci Biol Med 2(2). Menstrual pattern among unmarried women from South India

27 Rakhshaee Z. (2011) Journal of pediatric and adolescent gynecology, 24 (4). Effect of three yoga poses (cobra, cat and fish poses) in women with Primary dysmenorrhea : a randomized clinical trial.

28 Rani K. et. al. (2011). Ind Psychiatry J. 20 (2). Six-month trial of Yoga Nidra in menstrual disorder patients : Effects on somatoform symptoms.

29 Rezwani S et al (2013). Iran J Nurs Midwifery Res. 18 (5). The effect of aquatic exercises on Primary dysmenorrhea in the non athelete girls.

30 Saleh. H, 2016. Journal of Womens Health Care 5:1. Stretching or core strengthening exercises for managing primary dysmenorrhea.

31 Sharma K. et. al. (2014). Asian J of complementary and Alternative Medicine 2 (5). A study on the effect of yoga therapy on menstrual disorders with reference to hormonal discrepancy.

32 Sharma P et al (2000). Indian journal of pediatrics Vol 75 (2). Problems related to menstruation against adolescent girls.

33 Solanki H et.al. (2012), NJIRM 3 (4). A study of menstrual problems and practices among girls of Mahila College.

34 Thoke, A.V., Gawali M.H. (2015). GOEIIRJ, 4(3). Effects of surya namaskar and yoga nidra on physical problems of adolescent girls during their menstruation.

35 Tsai SY, (2016). Int J Environ Res Public Health 13 (7). Effect of yoga exercise on premenstrual symptoms among female employees in Taiwan.

36 Vani et.al. (2013) J Clin Diagn Res. 7(11). Menstrual abnormalities in school going girls – Are they related to dietary and exercise patterns?

37 Vaze, N, Joshi, S. (2010). J. Midlife Health 1(2). Yoga and menopausal transition

38 Wasnik, V et al (2015) Int J Res Med Sci. 2015, 3(5). A study of the menstrual pattern and problems among rural school going adolescent girls of Amravati district of Maharashtra, India.

39 Woodard B. (2015). Healing menstruation related disorders through yoga.

40 Yang, Kim (2016). The Journal of Alternative and complementary medicine. Vol. 22 (9) 732-738.

BIBLIOGRAPHY :-

1) D.C Dutta. Text book of gynaecology. 1st ed. New Delhi: New age central publications; 2005. p-168.

2)Goyal.b, Secrets of Naturopathy and yoga,1st Ed new delhi Sterling Paper bags page no 119-131

3)Hacker & Murey Essentials of Obstetrics' and Gynecology 1st Ed New delhi Harcourt brass & asia Pvt ltd 1998 page no 59-75

4)Patel N, Yoga and rehabilitation's 1st Ed New Delhi Jaypee Publication 2008 page no 141-157

5)Parulekar S , Practical gynecology and Obstetrics 2nd Ed Mumbai Vora Medical Publisher 1996 p 117-208

6) Susan M. Lark M.D. What are Menstrual Cramps. Article of menopausal self help book 2000 Mar; 67(7):225.

7) Shaws. Text book of gynaecology. 13th ed. New Delhi: Elsvier publications; 2004. p-54.